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WEIGHT MANAGEMENT

Weight Loss Maintenance:

How to stay at a health weight?

National Weight Control Registry (NWCR)

- NWCR consist of about 5,000 people who have successfully maintained weight loss—an average of 30kg kept off for an average of >6 years.
- The NWCR's goal is to discover what these successful weight loss maintainers have in common

Commonalities in Weight Loss

- Actually, the only thing the NWCR participants have in common in regards to weight loss is that they lost weight through a combination of calorie restriction and physical activity.
- In other words they used many different diet and exercise plans to lose weight.

Commonalities in Weight Loss Maintenance

- While weight loss maintainers lost weight using many different plans, they maintain their weight loss by the using the same strategies as each other.
- Also, the strategies NWCR participants use to maintain their weight loss are different from the strategies they used to lose weight.
- Therefore, weight loss and weight loss maintenance are different processes.

What do weight Loss Maintainers do?

1. Eat a low-fat diet, being aware of how many calories they consume
2. Eat breakfast almost every day
3. Weigh themselves regularly
4. Often keep a record of food intake and physical activity
5. Engage in high levels of activity (60 minutes of moderately-intense activity DAILY)

The researchers are saying. . .

Successful weight loss is achieved through food restriction.
Successful weight loss maintenance is achieved through physical activity. ¹

¹ Hill JO, Thompson H, Wyatt H. Weight maintenance: What's Missing? JADA. 2005;105(suppl 1):S63



Remember!

That is 60 minutes per day
of moderate-intensity
physical activity.

But what about calories?

- After you lose weight, you physically need fewer calories; because there is less of you.
- This creates what researchers call an energy gap¹.
- The energy gap is the difference between the total calories burned before and after weight loss¹.

¹ Hill JO, Thompson H, Wyatt H. Weight maintenance: What's Missing? JADA. 2005;105(suppl 1):S63-S65

Quantify the Energy Gap

Energy Gap = 8 calories per pound lost

For example, to maintain a weight loss of 20 pounds, you need 160 calories per day less than prior to weight loss. You will need less indefinitely.

Exercise or Diet?

- Given what these researches know about how successful weight maintainers keep their weight off, they believe...

The best way to fill the energy gap is with exercise. The more you exercise the better your chances at successful weight loss maintenance¹.

So, to maintain your weight loss

1. Eat a low-fat diet, being aware of how many calories you consume
2. Eat breakfast almost every day
3. Weigh yourself regularly
4. Keep a record of food intake and physical activity often
5. Engage in high levels of activity (60 minutes of moderately-intense activity DAILY)

Still need help?

Contact one of us

- Director 430-4073
- Nurse educator 430-4658
- Dietitian 430-7322

